



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 11207, Dandelion greens, raw

Report Date: March 10, 2017 16:08 EST

Nutrient values and weights are for edible portion.

Food Group : Vegetables and Vegetable Products

Carbohydrate Factor: 3.57 Fat Factor: 8.37 Protein Factor:2.44 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, chopped 55g
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Proximates

Water	g	85.60	--	--	47.08
Energy	kcal	45	--	--	25
Energy	kJ	188	--	--	103
Protein	g	2.70	--	--	1.49
Total lipid (fat)	g	0.70	--	--	0.39
Ash	g	1.80	--	--	0.99
Carbohydrate, by difference	g	9.20	--	--	5.06
Fiber, total dietary	g	3.5	--	--	1.9
Sugars, total	g	0.71	--	--	0.39

Minerals

Calcium, Ca	mg	187	--	--	103
Iron, Fe	mg	3.10	--	--	1.71
Magnesium, Mg	mg	36	--	--	20
Phosphorus, P	mg	66	--	--	36
Potassium, K	mg	397	--	--	218
Sodium, Na	mg	76	--	--	42
Zinc, Zn	mg	0.41	--	--	0.23
Copper, Cu	mg	0.171	--	--	0.094
Manganese, Mn	mg	0.342	--	--	0.188
Selenium, Se	µg	0.5	--	--	0.3

Vitamins

Vitamin C, total ascorbic acid	mg	35.0	--	--	19.2
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Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, chopped 55g
Thiamin	mg	0.190	--	--	0.104
Riboflavin	mg	0.260	--	--	0.143
Niacin	mg	0.806	--	--	0.443
Pantothenic acid	mg	0.084	--	--	0.046
Vitamin B-6	mg	0.251	--	--	0.138
Folate, total	µg	27	--	--	15
Folic acid	µg	0	--	--	0
Folate, food	µg	27	--	--	15
Folate, DFE	µg	27	--	--	15
Choline, total	mg	35.3	--	--	19.4
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	508	--	--	279
Retinol	µg	0	--	--	0
Carotene, beta	µg	5854	--	--	3220
Carotene, alpha	µg	363	--	--	200
Cryptoxanthin, beta	µg	121	--	--	67
Vitamin A, IU	IU	10161	--	--	5589
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	13610	--	--	7486
Vitamin E (alpha-tocopherol)	mg	3.44	--	--	1.89
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	778.4	--	--	428.1
Lipids					
Fatty acids, total saturated	g	0.170	--	--	0.094
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.009	--	--	0.005

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, chopped 55g
16:0	g	0.145	--	--	0.080
18:0	g	0.007	--	--	0.004
Fatty acids, total monounsaturated	g	0.014	--	--	0.008
16:1 undifferentiated	g	0.000	--	--	0.000
18:1 undifferentiated	g	0.014	--	--	0.008
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.306	--	--	0.168
18:2 undifferentiated	g	0.261	--	--	0.144
18:3 undifferentiated	g	0.044	--	--	0.024
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0